00, 7	00, 70, and 60 Flayers - Flays 6 pendos 7 minutes								
	1	2	3	4	5	6	# Periods Played	# Periods Sat	
Player 1		Х			Х		4	2	
Player 2		Х			Х		4	2	
Player 3			Х			Х	4	2	
Player 4			Х			Х	4	2	
Player 5	x			х			4	2	
Player 6	x			х			4	2	
X Indicates player sitting									

6U, 7U, and 8U Players - Plays 6 peridos 7 minutes

*X* Indicates player sitting. No player should sit out more than 2 times or 2 times in a row